

GROW MENTAL WELLBEING - INFORMATION SESSION – THURSDAY, 9 MARCH 2023 – MAX WEBBER LIBRARY FUNCTION CENTRE, BLACKTOWN - 3:00 PM TO 4:00 PM

Grow is a consumer driven not for profit organization, which specializes in programs for mental wellbeing since 1957. The programs are created by people with lived experience, who have been supported in their quest for wellness and progress towards good mental health and better personal development. Our programs include weekly peer support groups based around a proven twelve-step recovery model. Grow has helped tens of thousands of Australians to recover and maintain good mental health, through the Grow Program and through adopting the Grow philosophy for healthy living.

Our Grow support groups are free and anonymous. No referral is required. The groups are a great compliment to clinical services and a great asset to anyone striving to improve their mental wellbeing. Please refer to our website grow.org.au for more information about the programs.

GROW Information Session: Thursday, 9 March 2023
3:00pm – 4:00pm
Max Webber Library Function Centre
61 Flushcombe Road, Blacktown.

The information session is for consumers. Our aim is to start a weekly Grow group at Blacktown and we would like you to join us. There will be a cup of tea or coffee and biscuit available.

Each Grow meeting is a mix of program and people, supported by a structured meeting method. It is this special combination that helps our recovery and growth. Having a program helps us to think differently and having people provides the social connections/friendship we need.

Isabel and Justin both have a living experience of mental health in our lives and in our families. We would love to share how the Grow program has made a positive difference for us. Please come along to share this time with us and to find out how GROW can also be helpful in your journey.

If you'd like more information or have any questions don't hesitate to call Justin on 0407 792 400, Isabel on 0415 113 187 or Grow's 1800 number below.

Yours truly,

Isabel Rocha Newton and Justin Carr

Program Workers – Sydney Metro